Transformation Through Introspection

An unshakable sense of fortitude is required to rise above the obstacles that stand between the life one desires, and the life one experiences daily. As life will no doubt test one's sense of determination at some point. The key to maintaining a positive mindset, lies in the ability to surrender that which no longer serves a constructive purpose. Through introspection, one can identify limiting beliefs and take the necessary steps to counter-act them. To recognize thoughts that undermine one's aspirations, and to make the necessary adjustments to avoid unnecessary suffering. The more time focused inward allows an individual to recognize subconscious blockages that prevent thoughts of a positive nature from entering one's life.

Recognition of that which acts as a barrier to one's goals, being a crucial step towards pursuing interests of a personal nature. The path forward beginning with a recognition of that one seeks to create. While circumstances naturally differ from one person to the next, an individual's direct focus is required all the same. As the life one seeks to create requires nothing short of a long-term commitment. Anything less will fall short of expectations. The aspirations of youth amounting to nothing more than pleasant daydreams. So long as one commits to the endeavor making small inroads with each passing day; eventually one will see growth in the desired area of life. The key to achieving the result one desires lies in consistent effort. As ability alone can't manifest the ideal version of one's life.

An individual's commitment to the endeavor acting as a catalyst for bringing about change of a beneficial nature. Once the mind focuses its attention upon a goal, the next step is to follow through with action. Unless a dream is consciously acted upon, progress towards a personal goal will come to an

abrupt halt. While daydreams allow an individual to visualize the finer details of a project, without a grounded approach to manifesting inspired thought; daydreams have no way of entering one's everyday life. Considering the obstacles that need to be overcome, a lack of consistent effort on behalf of the individual sabotages any attempt to transform one's life. The natural consequences of neglecting one's inner calling, manifesting in any number of ways. Though the decision to play it safe will often result in a lifetime of regret and silent despair.